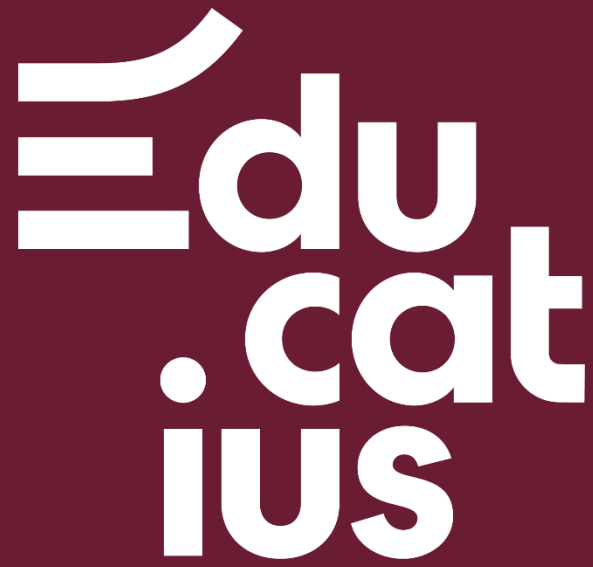




Educatius Pre-Departure Orientation

 **educatius**

UNLOCK THE WORLD. STUDY ABROAD.



Today's Agenda

- Before Arriving on your Program
- After Arriving on your Program
 - Adjusting to Life in Another Country
 - Living with a Host Family
 - Attending an American High School
- Program Logistics
 - Insurance
 - Personal Safety
 - Program Rules
 - Travel Procedures
- Q&A



Before Arriving on the Program

Host Family Information



Receiving your placement documents:

- You will receive a Placement Confirmation Form (PCF), which has your host family's contact information, as well as your Host Family overview, which has pictures of the family and house.



Contacting your host family:

- We also recommend that, once you receive your placement, you send an email to your host family to introduce yourself and start communication!



It is important to remember that every host family is different! Host families can be families with or without children, with single parents or two parents, or with another international student.

Pre-Departure Checklist



What to Bring?

- Passport
- Visa Documents
- Flight tickets & itinerary
- A printed copy of your emailed I-20
- A printed copy of your acceptance letter
- Placement documents
- Insurance information



What to Do?

For your host family:

- Send a picture of yourself to your HF via Email, Facebook, Skype, etc. before getting on the airplane
- Save the phone number of the person who will be picking you up from the airport in your phone.



Remember:

**Educatius Emergency
Number (24 HR)**

Inside the US: +1 800-301-6014
International: +1 479-222-6714

Flight Information: Arrival Flights



- Flights are preferred to be direct with as few connections or layovers as possible and with an arrival time that is not too early or late in the day.
- Send your Agent your flight itinerary at least two weeks before your departure.
- Any student under the age of 16 may have certain travel restrictions. Please be sure to look up an airline's specific restrictions before booking a flight.

*It is very important to book flights and send the flight information well in advance to allow proper time for coordinating the airport pick-up.



After Arriving in the U.S.

Your Support System



Host Families (HF)

- Welcome you into their home and families.
- Provide you with a room and meals each day.
- Share their culture with you.
- Learn about you, your country, and your culture.

Local Coordinators (LC)

- Work with you and your host family to help you have the best possible experience.
- Help you with any problems that come up at school or at home.
- Check in with you at least once a month.

School

- Provides a positive educational experience through academic classes, activities, and a network of teachers and staff.
- May have their own set of rules and policies that you are expected to follow.

Student Experience Advisors (SE)

- Communicate with your agency to share important information.
- Support you in mediating and resolving any issues you may have.

The US Student Experience Team

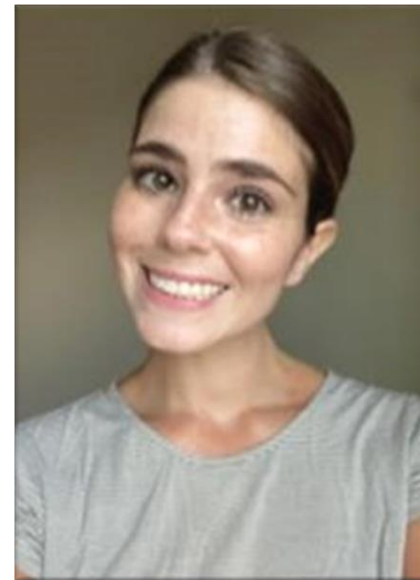
How do we support students?

- Connect students with resources such as counseling, academic tutoring, or insurance.
- Make support plans to help students be successful on program.
- Talk with students one-on-one for additional support.



**Annsleigh
Carter**

Director of
Student
Experience



**Alice
Chiamenti**

Student
Experience
Advisor



**Ana
Rodriguez**

Student
Experience
Advisor



**Caroline
Nelson**

Student
Experience
Advisor



**Silke
Martin**

Student
Experience
Advisor



**Alisha
Heilman**

Student
Experience
Advisor

Culture Shock and Homesickness



"After my first month in the US, I felt so homesick. I wanted to give up and leave. I talked to my LC, and she helped me join the tennis team at school, after that, things got a lot better."

-17-year-old student, studied in Michigan

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Your experience will be completely unique to you; you may adjust very quickly and easily, or you may need much longer to get used to your new surroundings.



This is your chance to try something new. Talk less to close family/friends from your home country, talk more with your HF and new friends.



Share traditions from your country and culture with your HFs!



If you are struggling and you need one-on-one support outside of your HF and your LC, we can help you find a professional counselor. Talk to your LC about finding a counselor, or email studentexperience@educatius.org for support.

Culture Shock



Stage 1 – The Honeymoon

You feel excited, and you're seeing new things and places every day!



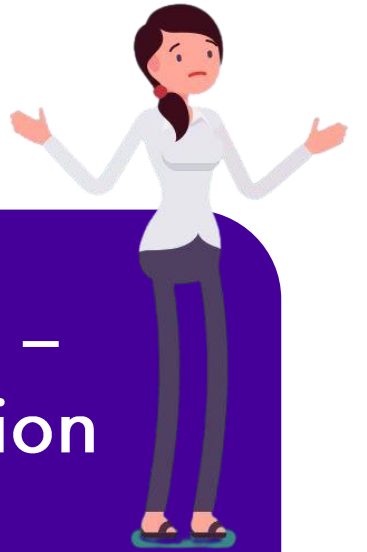
Stage 2 – Culture Shock

You feel overwhelmed, confused, and frustrated with the challenges of your new life.



Stage 3 – Adjustment

You feel more familiar and comfortable with American culture, and you are building stronger relationships.



Stage 4 – Adaptation

When you are getting ready to return home at the end of your program, you feel excited but anxious. You may want to stay longer in the USA.



Stage 5 - Re-Entry & Reverse Culture Shock

When you return home you may go through some of the same stages of culture shock. This is called "reverse culture shock."

Culture Shock and Homesickness



- Participate in activities with your host family
- Eat healthy and exercise
- Join clubs and sports at school
- Limit communication with family and friends back home.



The Host Family Experience

"Soon you will have not one, but two families."
-17-year-old student, studied in Michigan

Expectations of a Host Family



- Create a safe and welcoming home environment.
- Provide three meals a day (*Note: if you buy lunch at school instead of packing a lunch at home, you will be responsible for paying for this meal.*)
- Show you around their home and help you adjust to life in your new U.S. community.
- Organize roundtrip transportation from home to school, as well as reasonable transportation to and from extracurricular activities. (*Note: The mode of transportation might be private car, school bus, public bus/subway, walking, or riding a bike.*)

Expectations of a Student

- Communication is the key! The more open you are with your host family, the better your relationship will be! Do NOT isolate yourself in your room.
- Learn what your chores and responsibilities are.
- Have an open mind and a flexible attitude, understanding that the U.S. is very diverse.
- Depending on your HF, you may be asked to take public or school bus or walk to get to school. The distance from HF and your school can be up to 45 minutes to commute.
- Please do not expect your host family to take you every place you want to go.



Host Family Experience: American Food Culture



Breakfast: Typically fruit, cereal, or toast.



Lunch: Typically a sandwich and a snack.



After School Snack: Typically yogurt, fruit, pretzels, granola bars, etc. It is not a meal.



Dinner: This is the largest meal of the day. It may be lots of different things – pizza, pasta, soup, burgers, etc. Families may serve leftovers.

Host Family Experience:

Host Family Rules



What are chores?

- Keeping your room clean
- Cleaning the bathroom after you use it
- Helping with dishes after meals
- Doing your own laundry
- Taking out the trash
- Other tasks around the house



What is a curfew?

- Curfew is the time you must be home.
- Every community has its own curfew laws, and every family has its own curfew guidelines.
- Please be sure you understand what your family's curfew is and respect that.



Money

Any expenses outside of food within the home are your responsibility.

Remember:

Do not borrow money from anyone or lend money to anyone. Spend money wisely. And, follow a budget!

Students are responsible for:

- School supplies
- Lunch bought at school
- School activities, sports, events, and outings
- Bus passes
- Cell phone
- Personal hygiene supplies (soap, shampoo, toothpaste etc.)

Electronic Tips



Remember:

If you are unclear about electronic policies at your host family or school, please contact your Local Coordinator.

- Follow your Host Family's rules about electronics, gaming and the Internet.
- Please do not download anything illegal or inappropriate.
- Please do not share any personal information with strangers.
- Please do not copy other people's work from the internet; plagiarizing will get you in trouble.
- Always be kind and respectful online. Be safe on social media; remember, everything on the Internet is permanent.
- Please do not text or send any sexual pictures or messages. This can put your program at risk.



The School Experience

"Learn how to have fun, but also keep the grades up!"
-17-year-old student, studied in Arizona

The School Experience

- Attend and pass all of your classes.
- Follow all school rules, including dress code and attendance.
- You need to maintain at least a C in every class
 - Turn all of your assignments in!
 - Don't be afraid to ask your teachers for help!

Remember:

You are in the U.S. with an F-1 Visa. Your school can cancel your I-20 at any time if you do not follow the rules and maintain your grades.



The School Experience



You will most likely take classes such as:

- English
- Math (Algebra, Geometry, Calculus)
- Science (Biology, Chemistry, Physics)
- History (US or World)
- Elective might include: PE, Music, Art, Drama, Foreign Language, Science.



Do homework and keep your grades up.

Grading scale: A, B, C, D, F (A is the top score, F is failing)



Follow your school rules such as: attendance, dress code, etc.



Sports and Clubs

Join a group or club!

Remember:

Every school has their own requirements, and there may be some costs involved.

- Ask your guidance counselor what clubs are available at your school.
- Joining a school sport is a great way to make friends and stay active!
 - Practices are usually every day for about 2 hours per day.

My School Experience:

U.S. High School Norms



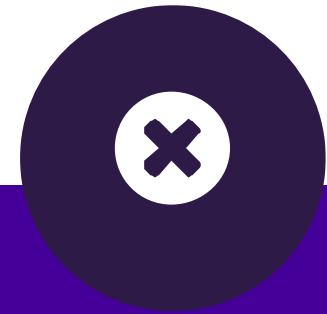
You will be confronted with different people from a variety of different backgrounds.



There are differences in culture, race, sexual orientation, religion, values, and lifestyles.



Students may dress differently than in your school.



Remember: In the U.S., any threat of violence or bullying is taken extremely seriously. Refrain from joking about guns, weapons, other students' race, nationality, religion, sexual orientation, etc.



Program Logistics

Insurance

You will have medical insurance in case you get sick or injured through Aetna.

- Only visit the emergency room in the event of an emergency. There is a \$350 co-pay if not admitted. If you are not having a true emergency, you should go to the doctor or an urgent care center.
- To locate a doctor or urgent care center please call One Team Health at 844-805-9444, or ask your host family for help.
- Your insurance will not cover:
 - Sports physicals
 - Immunizations/vaccines
 - Routine check-ups/regular physicals
 - Pre-existing conditions
 - Some extreme sports
 - Medical attention resulting from illegal substance abuse
- **Before you need to see a doctor:**
 - Talk to your host family
 - Call One Team Health
- **When you see a doctor:**
 - Take your insurance card

Aetna Provider Network
/ One Team Health (OTH)
844.805.9444
oneteamhealth@dhig.net
www.esecutive.com/MyInsurance

Personal Safety

Remember:

Make sure you save the Educatius Emergency Number in your phone.

Educatius Emergency Number (24 HR)

Inside the US: +1 800-301-6014

International: +1 479-222-6714



What is sexual abuse?

- Forcing unwanted sexual activity (kissing, grabbing, touching) onto another person
- Being forced to look at sexual pictures, videos, or pornography
- Being watched while dressing or showering
- Any unwanted physical touch that makes you uncomfortable



How should you respond to unwanted and inappropriate advances?

- Listen to your feelings.
- Say 'Stop' or 'No' firmly and loudly.
- Remove yourself from the situation as quickly as possible.
- Tell a trusted adult.
- Contact Educatius.

Program Rules and Regulations



- You must follow your HF house rules and participate in host family everyday life.
- It is against program rules to purchase, possess, or consume alcohol.
- It is against program rules to purchase or use cigarettes or tobacco products, including e-cigarettes.
- Drugs are illegal. You may not possess or consume any drugs or drug paraphernalia.
- You must have a working U.S. cell phone.
- You may not make any life-changing decisions while on the program (body piercings, tattoos, change of religion, marriage).
- It is against program rules to take or send any sexually explicit photos or videos, especially involving minors (under 18).
- Program rules are in your student handbook, as well as the paperwork that was signed by both you and your parents. They may not be the same rules or laws you had to follow back home, but they are what you must follow while you are here. You will be responsible to abide by all program rules, so please be sure you read through them periodically to keep them fresh in your mind.

Travel Procedures

If you want to travel, you must:

1. Ask your LC for the Travel Request Form.
2. Fill out and sign the form.
3. Ask your host parents to sign the form.
4. If you will miss school, ask your school to sign the form.
5. Send it to your natural parents to sign, natural parents send the form to your agency.
6. Your agency sends the form to your Student Experience Advisor for approval.



Remember:

- Travel forms must be turned in at least 14 days in advance.
- Travel must be supervised by an adult 25 years or older.



Questions?

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A group of four graduates in black caps and gowns with maroon stoles are smiling for a photo outdoors. They are holding maroon diplomas with a white logo and the text "Hamilton High School". Two of the graduates are also holding bouquets of flowers. The background shows a large crowd of other graduates and school buildings under a clear sky.

Thank You

 **Educati.us**